Healthy Lifestyles features and benefits

BENEFIT:

Your food servings tracker



Stick to your healthy eating plan.

Even when you've committed to a healthy eating plan, making sure you're getting the right balance of foods can still be tricky. But using your Healthy Lifestyles food servings tracker can help. Just ask fellow member Maria:

"I eat healthy overall, but I wanted to see if I was really getting the recommended servings of fruits and veggies each day. With the servings tracker, I can record the amount of fruits and vegetables I eat in just a few simple clicks. I can also keep track of how much water I'm drinking so that I stay hydrated."

<u>Set up your food servings tracker</u> today and make it easier to stay on top of your healthy eating plan.

Get rewarded!

Earn **500 points** when you track your servings, plus one of the following:

- Tobacco
- Food
- Steps
- Exercise

Track your progress at least 10 times every 90 days to rack up your 500 points.

Log in to Healthy Lifestyles

Not a Healthy Lifestyles member yet? <u>Click here</u> for sign up instructions.

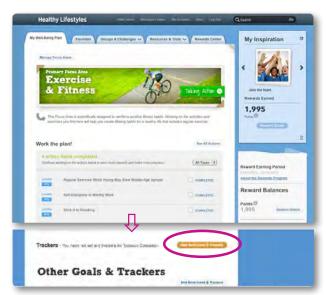
Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!



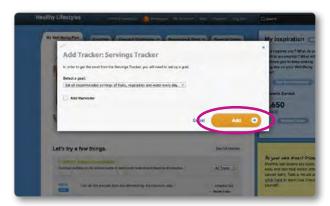


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How to add the servings tracker:



1. From the home page (called My Well-Being Plan), scroll down and select Add More Goals & Trackers.



Select Eat all recommended servings of fruits, vegetables and water every day as your goal. Then click Add.



Select Show Trackers for all Focus Areas from the pull down menu. Then click Add to the right of the Servings Tracker.



 Select Track. Then click on the circles next to the amount of servings of fruit, vegetables and water that you have consumed for the day. When you are finished, click Save.



How to sign up for Healthy Lifestyles

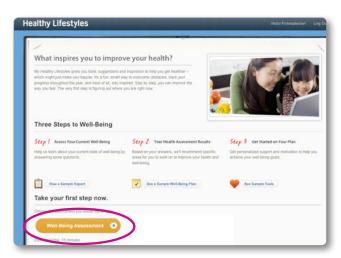


1. Go to anthem.com and log in using your Anthem username and password.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



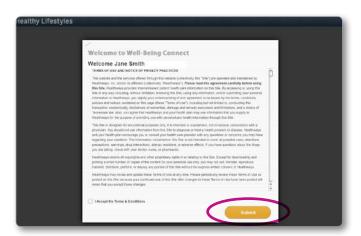
To access Healthy Lifestyles, select Get started > under the Healthy Lifestyles section.



Select Well-Being Assessment (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.



2. Select the Health & Wellness tab.



4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!



6. Select **Start** and answer the questions on the following screens.



 Click View Full Report or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select Create Your Well-Being Plan to personalize your Healthy Lifestyles program.



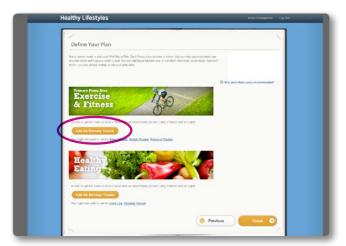
Based on the information you've provided, Healthy Lifestyles
will recommend a primary focus area and two connected
focus areas. Use the recommended focus areas or swap
them out with others. Click Next to continue.



11. Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.



8. Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click Next.



10. You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click Finish to complete your Well-Being Plan setup.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday -Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.

